Eating Well Tilapia $3.50

Nutrition Facts Serving Size: 1 serving (203.95g), Servings Per Container: 1, Amount Per Serving: Calories 280, Calories from Fat 60, Total Fat 6g (9% DV), Saturated Fat 0g (0% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 330mg (14% DV), Total Carbohydrate 33g (11% DV), Dietary Fiber 5g (20% DV), Sugars 4g, Protein 29g, Vitamin A (8% DV), Vitamin C (25% DV), Calcium (30% DV), Iron (40% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: African Bream Fish, Raw (Tilapia); 100% Whole Wheat Bread; Whole Wheat Flour; Egg Whites Frozen; GENERAL MILLS TOTAL Whole Grain Cereal; Lemon Juice; Black Pepper, Garlic Powder; Paprika